GAA 15 WARM UP

PREHAB PROGRAMME: INTERVENTION

Part A: Running. Max 5 mins.

Slow run forwards 5m and return x 2

Jog straight to the 20m line. Make sure you keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knee buckle inwards. Jog back to start line.

Hip out x 2



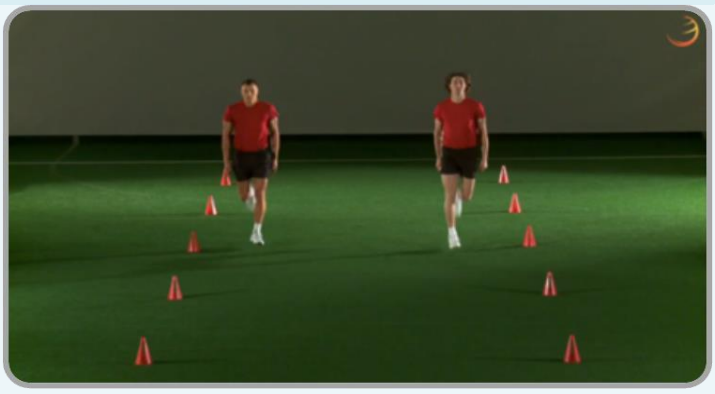
Jog five steps, stop and lift your knee forwards. Rotate your knee to the side and put your foot down. Leg you are standing on stays straight, heel on the ground. Do not allow knee of stance leg buckle inwards. After five more steps, repeat exercise on the other leg. Repeat until you reach the 20 m line. Jog back.

Hip in x 2



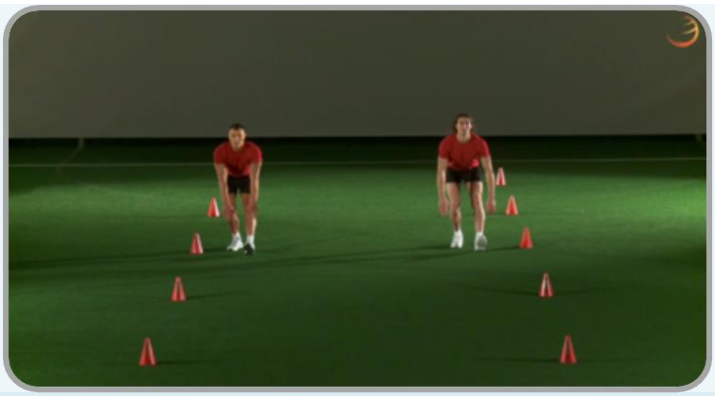
Jog five steps, stop and lift your knee to the side. Rotate your knee forwards and put your foot down. Make sure that the leg you are standing on stays straight. After five more steps, repeat exercise on the other leg. Repeat until you reach the 20m line. Jog back.

Heel Flicks x 2



Jog towards the 20m line. Taking short strides flick your heels towards your glutes. Your upper thigh should remain perpendicular to the ground. Jog back to the end line. Complete twice.

Touch toes x 2



Jog 5 steps, place one leg out in front, toes pointing up, heel into ground, straight knee. Keeping your back straight, bend the knee at the back and roll your hand/hurl down the front of the shin. Hold for 3 seconds. Jog another 5 steps and repeat on opposite leg. Continue until you reach 20m line, jog back. Complete twice.

50% forward, slow back x 2



Run quickly (50%) to the 20m line then jog back. Keep your upper body straight. Hips, knees and ankles should be aligned. Complete twice.

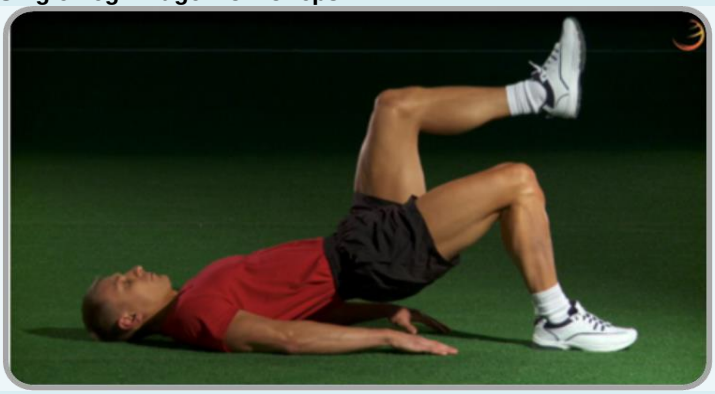
80% forward, slow back x 2



Run at 80% your max pace. Upper body lean as work up pace, body upright when get to line. Hips, knees and ankles aligned. Complete twice.

Part B: Strengthening. Max 4 mins.

Single Leg Bridge x 8 + 8 reps



Lying on your back with your knees bent, and feet flat on ground, rest your hands down by your side and relax your shoulders back and down. Bring one knee towards your chest and keep it there throughout all reps. Push the heel that is on the ground into the ground. squeeze your glute muscles and lift your hips off the ground. Hold for one second and lower back down to an inch off the ground, and repeat for 8 reps. Then swap feet.

Forward lunge with gluteal activation x 6 REPS



Starting position: Stand with feet hip-wide apart, hands on your hips. Exercise: Lunge forward slowly at an even pace. Bend hips and knees slowly until your leading knee is flexed to 90 degrees. The bent knee should not extend beyond the toes. Squeeze glutes on the trail leg. Raise your hands straight up in the air, keeping your abdomen muscles tight. Hold for count of two seconds and then walk forward with trail leg and repeat.
Important: Do not let your knee buckle inwards. Keep upper body straight and pelvis horizontal.

Reverse Lunge x 6 reps



Starting position: Stand with feet hip-wide apart, hands on your hips.
Exercise: Step right leg backward, bringing your right knee towards the ground into lunge position. Push off front foot and return to standing. Repeat on left leg.

Squats (pelvic mobility)



LEVEL ONE: Double leg Squat x 8 reps, 2 sets.
Starting position: Stand with feet hip-width apart, hands on the opposite shoulders.
Exercise: Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees, as if you are going to sit on a chair behind. Keep your chest up, head up, back straight and elbows pointing forwards. Return to standing. Slowly lower down again, and straighten up slightly more quickly. Repeat for 30 sec. 2 sets.
Important: Do not let your knee buckle inwards, keep in line with toes.

LEVEL TWO: Single Leg Squat x 8 reps on each leg, 2 sets.
Starting position: Stand on one leg. Bring opposite knee up towards your torso, cross your hands across your chest, elbows pointing away from body.
Exercise: Slowly bend your knee, if possible until it is flexed to 90 degrees, and straighten up again. Bend slowly then straighten slightly more quickly. Repeat on the other leg. 6 squats on each leg.
Important: Do not let your knee buckle inwards. Keep upper body facing forward and pelvis horizontal.

Core Drill (30 sec) x 2 sets

FRONT PLANK:
Starting position: Lie on your front, support upper body with forearms. Elbows directly under shoulders.
Exercise: Lift upper body, pelvis and legs up until your body is in a straight line from head to foot. Pull in stomach and gluteal muscles and hold the position, carrying out movements as directed.

SIDE PLANK:
Starting position: Lie on your side with both legs straight, support yourself on forearm and your foot. Elbow of supporting arm directly under shoulder.
Exercise: Raise pelvis and legs until your body forms a straight line from the uppermost shoulder to the uppermost foot.

LEVEL ONE: Start in front plank position, turn onto side into side plank position without dropping hips to the floor, return to front plank, turn onto side plank, and return to front plank. X 6 second hold in each position.

LEVEL TWO: As in level one except in front plank lift right leg in air x 5 sec, repeat on left, lift right arm up x 5 sec, repeat on left. In side plank position lift top leg up x 5seconds.

LEVEL THREE: In front plank position lift right arm and left leg together for 3 seconds and repeat with opposite leg and arm. In side plank lift make small circles with your top leg x 5 seconds.

Part C: Sport Specific Balance Max 1 min.

Single Leg Lunge



Stand on one leg, extend free leg backwards and extend arms forward touch hands with partner. Keep spine straight and tighten stomach. Keep knee, foot and ankle in straight line, do not let knee buckle. Trail leg must be straight, toes pointing towards the ground pulled towards shin. Return to standing on one leg bringing trail leg forward and bend knee towards chest. Repeat on same leg.

LEVEL ONE: Single Leg Lunge X 6 reps each leg
LEVEL TWO: Single leg lunge : perturbation in standing x 6 reps each leg
Partners stand side by side. When return to standing each time one partner tries to push the other off balance in different directions.
LEVEL THREE: Single leg lunge: with a heel lift x 6 reps
When return to single leg stance stand up on your toes, then slowly lower down again before repeating the sequence.

Part D: Jumps. Max 1 mins.

Jumps



LEVEL ONE: Counter movement jump Double leg x 8 reps, 2 sets
Starting position: Stand with your feet hip-width apart, hands on your hips. Exercise: Slowly bend hips, knees and ankles until your knees are flexed to 90 degrees. Lean upper body forwards. Then jump as high as you can, and straighten whole body. SOFT LANDING:Land softly on the balls of your feet, with your knees bent.
Important: Jump off both feet. Land gently on the balls of both feet with your knees bent.

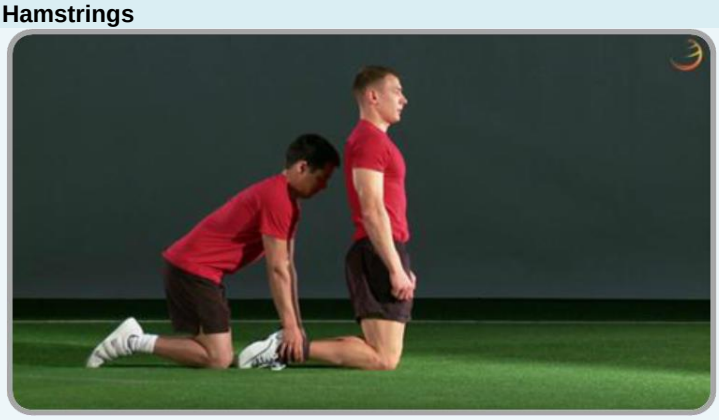
LEVEL TWO: Box jumps x 8 reps, 2sets.
Starting position: Stand with feet hip-width apart, imagine a cross you are standing in the middle of.
Exercise: Jump with both legs forwards and backwards, from side to side, and diagonally across the cross. Keep upper body slightly leaned forwards. Jump as quickly and explosively as possible, with SOFT LANDING.
Important: Land softly on the balls of both feet. Bend hips, knees and ankles on landing. Do not let your knee buckle inwards.

LEVEL THREE: Lateral Jumps to single leg land, side to side x 8 reps, 2 sets
Starting position: Stand on one leg. Bend hips, knee and

ankle slightly and lean upper body forwards.
Exercise: Jump from your supporting leg approximately 1m to the side onto the other leg. SOFT LANDING: Land gently on the ball of your foot and bend your hips, knee and ankle. Hold this position for about a second and then jump on the other leg.
Important: Do not let your knee buckle inwards. Keep upper body stable and facing forward and pelvis horizontal.

Part E: Hamstrings. Max 1 mins.

Hamstrings



Starting position: Kneel with knees hip-width apart; partner pins your ankles firmly to the ground with both hands.
Exercise: Slowly lean forward, while keeping your body straight from the head to the knees. When you can no longer hold the position, gently take your weight on your hands, falling into a press-up position.
Important: Do exercise slowly at first, but once you feel more comfortable, speed it up.

LEVEL ONE: Nordic lower x 3-5 reps

LEVEL TWO: Nordic Lower x 7-10 reps

LEVELTHREE: Nordic Lower x 12-15 reps

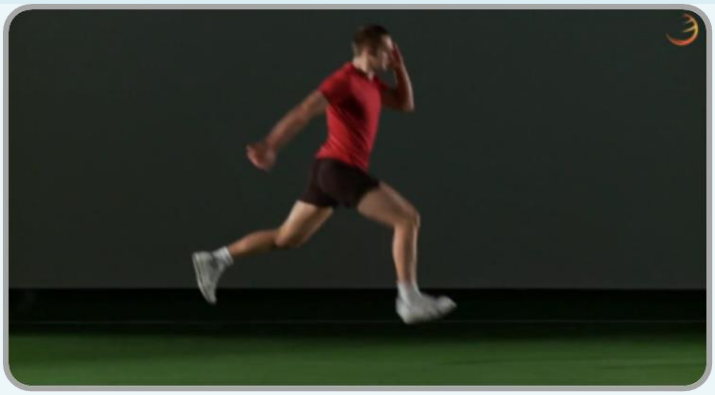
Part F: Sport Specific. Max 3 mins.

80% max Speed run x 20 m, slow jog back. X 2



Run approx 20m across the pitch at 75-80% of maximum pace and then jog back. Keep your upper body straight. Your hip, knee and foot are aligned. Do not let your knees buckle inwards. Jog easily back

Plyometrics: Bounding slow jog back. X 2 = technique +, not a sprint



Take a few warm-up steps then take 6-8 high bounding steps with a high knee lift and then jog back.
Technique: Lift the knee of the leading leg as high as possible and swing the opposite arm across the body. Keep your upper body straight. Land on the ball of the foot with the knee bent and spring. Do not let your knee buckle inwards.

Plant and push drill while jogging / knee angle specific



Jog 4-5 steps straight ahead. Then coach will indicate that player must turn left and the person must plant on the right leg and cut to change direction to the left and accelerate. Sprint 5-7 steps (80-90% of maximum pace) before you decelerate. Coach will indicate right and person must plant on the left foot and cut to change direction to the right.
When changing direction, bend knee and hip, lean body forwards. Do not let your knee buckle inwards. Repeat the exercise x 30 seconds.

Progress to full training drills